

STEPPING UP FOR FOOD PANTRIES

Local, A3



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Dan Stuglik and Amy Simonson will be joined by more than 100 cardboard cutouts, representing family and friends, when they are married Saturday at The Old Rugged Cross Church in Pokagon. The COVID-19 pandemic forced the couple to change their original plan of inviting 150 people, to one in which only a handful of people are present. But with the help and donation of the cutouts by Menasha Packaging of Coloma, the church won't seem so empty on their wedding day.

Photos by Don Campbell / HP staff

Special order

Packaging company donates cardboard cutouts to couple for their wedding day

By ALEXANDRA NEWMAN
HP Staff Writer

DOWAGIAC — When Amy Simonson walks down the aisle Saturday to marry the love of her life, the crowd looking on won't be the recognizable faces of loved ones.

"The switch from 50 to 12 was the hardest," Simonson said. "If my uncle that I haven't seen in six years isn't there, that's fine, but my grandma isn't coming, and part of my bridesmaids. My best friends won't be there."

Over the last three weeks, Simon-



son of Niles and her fiancé, Dan Stuglik of Berrien Springs, have planned four different versions of their wedding day.

At one time they planned for about 150 guests. But as orders and recommendations from the CDC and Michigan's governor were handed

down in response to the coronavirus pandemic, that number dwindled quickly.

The only thing that didn't change was that the ceremony would take place in the Old Rugged Cross Church in Pokagon, of which Stuglik sits on the board of directors.

"I was seeing creative ways to fill churches, like pastors that were preaching to pictures of their parishioners, and so I wanted to do something so she wouldn't walk down the aisle to an empty church," Stuglik said.

That's where Menasha Packaging Co. in Coloma comes in.

Stuglik, a Coloma Township police officer, stopped by the factory one day to see about buying cardboard to make cardboard cutouts to fill the pews.

"When I explained why, it was neat

See WEDDING, page A2

New loan program offers lifeline to Berrien businesses

Cornerstone teams with two other agencies; repayment will start in 6 months

By TONY WITTKOWSKI
HP Staff Writer

BENTON HARBOR — Three organizations are teaming up to offer Berrien County businesses and nonprofit organizations relief through zero-interest loans in the midst of the COVID-19 pandemic.

Cornerstone Alliance, the Berrien Community Foundation and the Southwestern Michigan Tourist Council announced Tuesday that they would partner up to offer loans to help businesses pay rent or mortgages that are due for April and May.

Resources provided through the Rent and Mortgage Payment Program (RAMPP) are now available to small business owners and nonprofits upon application.

As the state issued an executive order last week closing all non-essential businesses through April, many owners are approaching their first rent or mortgage payments since closing.

Zach Vaughn, project manager for physical development at Cornerstone, said no collateral is required. However, information from the property's landlord or lender is needed.

"Six months after we issue the loan, it will be paid back on a monthly basis over 12 months," Vaughn said. "We have a lot of companies that are struggling to pay rent."

The collaborative effort started after the three organizations began brainstorming ways to help the local economy. It also came about through feedback from business owners seeking any form of support.

The funding for the program is being backed by the three organizations.

Millicent Humins, executive director of the Southwestern

See LOAN, page A2

Got the spring break blues?

SW Michigan is figuring out alternate activities

By LOUISE WREGE
HP Staff Writer

Spring break for most schoolchildren in Southwest Michigan normally would start this Friday, but families looking forward to visiting Disney World or a beach in Florida had to cancel those plans as the COVID-19 pandemic continues to sweep the nation.

Cathy Ficks-Blasy of Benton Harbor said her family had to cancel plans for a Caribbean cruise.

"I think we're past the grieving part of not going on our cruise, but I wanted to do something to create a memory for the kids to have and us to have," she said.

So she started the "2020 Spring Break - Camp at a Home & Movie Party" Facebook event, which is hosted by her "Bear & Squirrel Adventures" Facebook page.

The event encourages people to pitch a tent in their own backyards, make s'mores and watch a movie.

"The goal is to have something fun to do in place of spring break because we can't travel and we're at home," she said. "Through this, we can connect with friends online. We want to let people know that they are not alone and we are all in this together."

She said participants can post photos of what they are doing on the Facebook event page.

"Even if people don't have a tent, they can build forts inside their house," Ficks-Blasy said. "It is really for all people. You can be 90 and be on the couch with a blanket. It's something where we all feel connected from our homes."

Ficks-Blasy is encouraging people to order take-out food to support local restaurants that are offering curbside pickup or delivery. She said a list of local restaurants can be found on

See ACTIVITIES, page A2



Don Campbell / HP staff

Cathy Ficks-Blasy and husband Dan Blasy, back, have come up with a creative idea to share their love for camping at spring break with their children Madison Ficks, 18, left, and Tristan Ficks, 15, during this unique shelter-at-home time in America.

WEDDING

From page A1

to see their response," he said. "They got a little emotional about what we were doing. They immediately got excited about going above and beyond what we expected."

Ted Harris, customer service and design manager at Menasha, and Luke Aarendash, director of sales and operations, said they just wanted to help out.

"It's been a long time since I got married, but cutting corrugated cardboard the weekend before my wedding wasn't high on my list," Aarendash said.

The packaging factory has the ability, on demand, to fashion any design it wants in small batch runs.

(Stuglik) was just looking for a general person shape, but I was able to make it a little bit more realistic audience for them," Harris said.

The more than 100 cutouts, that Menasha donated to the couple, run the gamut. There are tall ones, short ones, young and old ones, and cutouts with long hair, short hair or ponytails.

"It's funny to think about a factory producing our wedding guests," Stuglik said. "This is such a kind thing for them to do."

Aarendash said Menasha is always looking for ways to support the local community.

"Especially our law enforcement," he said. "We were all in. We're definitely in an unprecedented time, a trying time, and being able to provide just a little bit of joy to anybody feels good."

Stuglik, who serves as the Coloma Community Schools resource officer, and Simonson, a seventh-grade English teacher at Berrien Springs Middle School, have had not only their wedding ceremony change over the last three weeks, but their honeymoon

to Newport, R.I., was canceled and they had to move the reception to October.

"We're both planners, so we pretty well had every detail worked out and set up before all of this happened," Stuglik said.

"There were whiteboards and spreadsheets, all of that," Simonson added.

They acknowledge that going from having all the centerpieces laid out on the dining room table to only sharing the day with their parents, their pastor, two groomsmen and two bridesmaids has been a painful process.

"But I think we both have peace now, because it's stripped down to what it should be, which is us and God, getting married," Stuglik said.

"As people of faith, we have enough right now."

The couple met while working together at Crystal Springs Camp near Dowagiac. They were friends for about five years before becoming more.

Simonson is in the process of moving to Berrien Springs to live with Stuglik. She said the stay-at-home order has given her more time to pack.

"The couple will now honeymoon in Union Pier. They found an Airbnb home to rent because they still wanted to do a honeymoon right away. "We have the rest of our lives to travel to other places," Stuglik said.

They plan to visit Rhode Island in the future, as they still have flight credit.

Stuglik said he'll forever be thankful to Menasha that they helped him do something special for his fiancée, so that her wedding can be that much more special.

"That was a painful part, that her wedding was being stripped away from her, but Menasha helped bring a little back," he said.

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Don Campbell / HP staff

As families shelter in place during spring break, starting Friday, Cathy Ficks-Blasy has created a campsite for her family in the living room of their Benton Harbor home, complete with tent, games and s'mores.

ACTIVITIES

From page A1

the Buy Local Berrien Facebook page. She said she will be giving away donated gift cards from local restaurants.

The event starts at 6 p.m. Friday, but she said families can set their own schedule.

Gov. Gretchen Whitmer has ordered that all restaurants be closed through at least April 13 for dine-in seating to slow down the spread of the virus.

Lean On Me challenge

Along with camping in their own backyards, families on Friday can take part in the Lean On Me Challenge being hosted by Bridgman and Lakeshore school districts.

"We just want to tell people to hang in there and let's get fired up," said Lakeshore Superintendent Phil Freeman.

Participants are invited to open their front doors at 7 p.m. and crank the song "Lean On Me" for the neighbors to hear while maintaining the proper social distance. Participants should then post a video or photo of their family

singing and/or dancing to the song between 7-8:30 p.m. on the Lean On Me Challenge Facebook event page, to be counted.

"We all need positive vibes, positive messages at this time," said Bridgman Superintendent Shane Peters.

This is the second part of a challenge that started on March 27, when people were invited to crank the song "Don't Stop Believing." Freeman said several school districts participated in that challenge, with Bridgman and Lakeshore tying for first place.

He said this Friday's challenge will be the tie-breaker. He said everyone is invited to participate and post pictures and videos, although only the posts from Lakeshore and Bridgman families will be counted to figure out which district is the ultimate winner.

What does the district win? "Bragging rights," Peters said.

He said he was amazed at how many people participated in the March 27 challenge, especially since it was raining.

"We had people who don't have kids in school that participated in this event," he

said. "It was just something to do. ... I sat on our front porch and we played our music but I turned ours off and I heard other people from blocks away blaring their music."

Peters said he is uncertain if there will be future challenges after this Friday.

"I've thought about people chalking their driveways with positive messages, and it could be to first responders and medical staff," he said.

"They can take a picture and post that."

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LOTTERIES

Tuesday drawings	Monday drawings
Michigan	Indiana
Poker Lotto	Cash 5
05:35-100-95	18-22-29-29-45
Midday Daily 3	Estimated jackpot
4-6-2	\$105,000
Midday Daily 4	Cash/Life
0-2-2	02-07-28-30-52, Cash
Daily 3	Ball: 3
6-2-4	Quick Draw Midday
Daily 4	11-14-18-19-27-28
3-5-6-8	33-41-48-51-56-58-60
Fantasy 5	62-66-73-75-76-77-80,
01-26-29-36-37	OE 62
Keno	Daily Three-Midday
02-03-06-08-09-12-14-	1-1-10, SB: 9
24-25-30-37-44-50-	Daily Three-Evening
51-57-59-60-65-66-77-	2-3-7, SB: 2
79-80	Daily Four-Midday
Mega Millions jackpot	2-9-7-3, SB: 9
\$113 million	Daily Four-Evening
Powerball jackpot	4-7-9-3, SB: 2
\$170 million	Quick Draw Evening

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LOAN

From page A1

Michigan Tourist Council, said it is everyone's best interest to assist businesses getting back on their feet as soon as possible.

"We're confident in Southwest Michigan's ability to overcome the effect of the COVID-19 pandemic," Huminsky said in a news release. "Our businesses, our beaches and our community will be ready to welcome all people as soon as this difficult time is behind us."

So far, the program has received a lot of attention.

Vaughn said on Tuesday - which marked the program's official launch - 11 applications were filed and more than 450 people viewed the website.

"We anticipate that number to increase as well as the number of applications that are being submitted," Vaughn said.

He said the most common questions regarding the program have been about the proper documentation needed for the application.

Business owners and non-profit organizations that have a physical building in Berrien County can fill full program details, as well as an application, under the "COVID-19 Relief" tab on the Cornerstone Alliance website at www.GoMichigan.com.

Owners can also find the application on the Berrien Community Foundation website at www.BerrienCommunity.org.

"The Berrien Community Foundation continues to collaborate and find ways to help all those who need it," Lisa Cripps-Downey, president of the Berrien Community Foundation, said in the release.

"This program is a way to help businesses with a very specific need in a time when most of them have seen a steep decline in revenue. Partnerships like this, with multiple community entities, are easy to support in this time of need."

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Becky Kark / For The Herald-Palladium

The Rev. Jeffrey Dick, left, pastor of First Congregational Church in South Haven, and Don Kitchin, a volunteer for the church's food pantry, hold ready-to-serve meals now available at the pantry to people in need. The homemade meals are prepared and donated by the Jay and Julia Marcoux family, who own Phoenix Street Cafe and Julia's at the Pavilion, which are temporarily closed due to Gov. Gretchen Whitmer's shelter-in-place order.

Stepping up

Marcoux family restaurants keep churning out meals for food pantries

By BECKY KARK
For The Herald-Palladium

SOUTH HAVEN — Alexander Graham Bell's famous quote "When one door closes, another opens," is proving true for South Haven restaurant owners Jay and Julia Marcoux.

Like restaurants throughout Michigan, Phoenix Street Cafe and Julia's at the Pavilion — both owned by the Marcoux family — closed in March when Gov. Gretchen Whitmer ordered all "non-essential businesses" to close through at least April 13 to slow the spread of coronavirus.

Jay and Julia and their family members weren't content to sit idle. They decided to continue preparing meals, not for customers, but for people in need.

The meals are being cooked and baked for local human service ministry We Care Inc.'s food pantries in South Haven and Covert.

The couple said they chose to do so as a way to show appreciation to those who have helped them over the years. "When people are in need you step up to the table. And that's that," Jay said. "God has blessed us over the

years. I started in the restaurant business 20 years ago not knowing a thing about it."

Thanks in part to food donations from fellow restaurant owner Greg Ruppert of Clementine's Restaurant and the Inn at Hawkhead, The Marcoux family is preparing 600 meals each week for families of four.

We Care's director, Erika Morrison, said the nonprofit ministry is very thankful for donation of ready-to-serve meals. We Care oversees a large food pantry at First Congregational Church, 651 Phoenix St., and a smaller one at Lily of the Valley Church, 30600 M-140 Hwy., in Covert.

Normally, the pantries consist mainly of non-perishable products. Now, however, people in need can pick up the meals, prepared and cooked by the Marcoux family, along with the canned goods and other food essentials.

"The meals are free to anyone in need," Morrison said. "People can either call our office, 269-637-4342, or simply go up to the pantry. They will give their name and family size, and receive both pantry items and meals,

if they would like them. This opportunity for free meals for those in need will continue over the next three weeks, and financial contributions are appreciated."

We Care's food pantry, considered an "essential" service during the governor's "shelter-in-place" order, is open Mondays, Wednesdays and Fridays from 10 a.m. to noon at the congregational church in South Haven, and by appointment at Lily of the Valley Church.

The Rev. Jeffrey Dick, pastor of First Congregational Church, was at the South Haven pantry on Monday morning helping to unpack the meals.

For Monday, the Marcoux family had prepared meat loaf, crab salad and vegetables.

"People are getting homemade, restaurant quality meals," Dick remarked. "Last week they (the Marcoux family) made pulled pork."

Not only are local restaurants stepping up to help stock We Care's food pantries, so are stores, such as Meijer and Aldi.

"We are the recipients of a very generous donation by Meijer South Haven

though the SimplyGive program," Morrison said. Aldi also helps by donating fresh breads, meat and produce on a regular basis through the Feeding America national hunger-relief organization.

Mon. food could be on the way for South Haven area residents in the form of mobile food pantries.

"We are in the process of putting together some initiatives that will serve our community during this time," Morrison said. "One of these is offering mobile food pantries in Covert, Bangor and South Haven through Feeding America."

Feeding America's Mobile Pantry Program works with clients, such as We Care, in areas of high need. The program provides a truckload of food to be distributed in pre-packed boxes or through a farmers market-style distribution where recipients choose what they need.

"If we're able to have the mobile food pantries, it will be at least a month from now as Feeding America requires 30 days (for site approval)," Morrison said. "We are still working toward that, as by then, the needs will have gone up considerably due to job loss."

Upton updates businesses on COVID-19 legislation

Lawmakers fielding a lot of calls from business owners

By TONY WITTKOWSKI
HP Staff Writer

Southwest Michigan business owners were given a glimpse at what state and congressional lawmakers have been up to in the wake of the COVID-19 pandemic.

During a conference call Monday, U.S. Rep. Fred Upton gave several business owners who were tuning into a call regarding the recent CARES Act that passed in Congress.

A number of provisions in the CARES Act applies to small business owners, and Upton wanted to share some information about forgiving small businesses loans that can now be taken out to protect jobs, keep folks on the payroll with their benefits, and to keep these businesses afloat during the coronavirus pandemic.

Upton, R-St. Joseph, said a big element of the CARES Act was how \$350 billion is being dispersed by the Small Business Administration through individual lenders. For businesses with less than 500 employees, Upton said businesses can get a loan from local lenders who are small business approved lenders.

"Instead of relying on SBA bureaucracy, where you might have to go to a Detroit or Chicago office, we'll be in every community through our local lenders," Upton said. As part of a CARES Act provision, Upton said small businesses can get a loan from local lenders which will be converted to a grant later on.

Two months after securing a loan, when the business verifies with local lenders that the money was used for personnel costs, salaries, health care, mortgage and utilities, the loan becomes a grant.

Upton said it's the only way to keep businesses afloat.

"My sense is that \$350 billion is going to go pretty quickly. We will likely be doing a fourth package,

maybe before the end of April," Upton said Monday. "We'll have to fill up that bank account because the demand will be much greater than what we put in. And we will be willing to do that."

State Sen. Kim LaSata, R-St. Joseph, and state Rep. Pauline Wendzel, R-Waterloo, gave updates on what the state legislature is doing to stem the negative affects from the coronavirus.

LaSata said she has been fielding a lot of calls from small business owners.

"We know people have lots of questions," LaSata said. "The Senate Republican Caucus has small group dialogues everyday where we convey our concerns and issues."

Wendzel said her office is constantly directing people on where they can go for loans.

"Unfortunately with the executive order, it takes away our legislative powers," Wendzel said in reference to meeting at the state's capital.

"We've drafted a list for the governor in which she can help all the small businesses. A few of these are a delay in taxes and unemployment protections."

Upton spoke briefly about the \$1,200 checks that Congress recently approved that will be sent out to families that fall under a certain salary range.

"These checks will hopefully be in people's pockets within two or three weeks," he said. "If one filed their taxes electronically, they will be deposited to their checking or savings account. Otherwise they will have to be mailed."

Upton also addressed the public disagreement that took place between Gov. Gretchen Whitmer and President Trump. He said a delegation of legislators sent their support for Whitmer's request in a letter to the White House.

"I think many of us saw the spat that went on between the governor and the president on whether we were going to get an emergency declaration," he said. "I weighed in with the White House last Friday when I saw that beginning to unfold, as did a number of my colleagues, and I was only pleased to see Saturday morning that we got the designation."

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Rotary track meet canceled

By HP STAFF

The Rotary Club of St. Joseph-Benton Harbor announced on Tuesday that it has canceled its annual track meet, which was scheduled for May 1 at St. Joseph High School, due to coronavirus concerns.

The 2020 event would've

been the 63rd in the history of the meet, which alternates between St. Joseph and Benton Harbor High Schools.

"It's amazing that in all the years of the event, this is only the second time we've had to cancel the meet," chairperson Randy Bettich said in a news release.

The event includes athletic events from Berrien, Van Buren and Cass counties. The club also gives out four \$2,000 scholarships each year to student-athletes. The event and the scholarships are funded through program ad sales, which will not be pursued this year.

Berrien County Board will meet virtually

By LOUISE WREGE
HP Staff Writer

ST. JOSEPH — The Berrien County Board of Commissioners will meet virtually at 10:30 a.m. Thursday via the county's YouTube channel as commissioners comply with state orders that groups not meet in person. County Administrator Bill Wolf said that commissioners will meet via the app Zoom, with residents able to watch the live transmission on YouTube. Residents can find the correct channel by searching online for "Berrien County, Michigan"

and looking for the county's seal.

Wolf said residents can participate in the public comments portion by signing up on the channel and typing their comments in the chat area. Participants will be required to state their full name and municipality, as required in the board's bylaws.

The agenda, which hasn't been posted yet, will be available at www.berrien-county.org, by clicking on "Agendas and Minutes" under the "Your Government" tab.

"There's nothing too exciting on the agenda, but we have a few things that

need taking care of," Wolf said.

He said a recording of the meeting will be available online for a few days after the meeting.

Anyone with questions can contact the administration office by calling 983-7111, ext. 8095, fax 983-5788, or email akrieger@berrien-county.org.

Berrien County facilities were closed to the public on March 23. Many services are still available via telephone, email and fax, or through the website.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

SMC extends online learning to end of semester

DOWAGIAC — Southwest Michigan College announced this week that it will extend its online learning through the end of the spring semester, which ends May 1.

"We are beginning our third week of online learning, and I continue to be impressed by the commitment of our faculty and staff in serving our students. We are all developing new skills and tapping abilities in ourselves which, perhaps, we weren't aware of before this month," said President Joseph Odenwald in a news release.

Student workers will continue to be paid through the end of the semester, as long as they remain enrolled and engaged in their courses.

SMC's campuses will continue to be closed physically but operate virtually through at least April 13, Odenwald said that timeline is subject to change.

Also, residence halls remain open to residents only.

Commencement ceremonies have been postponed until late summer. "Our intention is to celebrate the accomplishments of our graduates in

IN BRIEF

some manner once gatherings are again permitted," he said.

State Rep. Wendzel sets tele-town hall

State Rep. Pauline Wendzel, R-Waterloo, will host a tele-town hall meeting at 5 p.m. Thursday so residents can ask questions and receive an update on the COVID-19 virus.

"Being accessible and talking to people in the community is critical especially in these trying times. I look forward to connecting people in our community with resources and answering any questions they may have," Wendzel said in a news release.

Joining Wendzel on the call will be Congressman Fred Upton, R-St. Joseph, Cornerstone Alliance President Rob Cleveland, and Berrien County Health Officer Nicki Britten.

Wendzel and Upton will provide an update on actions taken by the state and federal governments, Britten will provide an overview of what the Berrien County Health Department is doing to combat the virus, and Cleveland will go over resources available to businesses across Southwest Michigan.

Those wishing to participate may call 1-855-756-7520 ext.

58492.

For more information, contact Wendzel's office at 517-373-4036, or by email at PaulineWendzel@house.mi.gov.

Cass County reports first COVID-19 death

A day after Berrien County reported its first death from COVID-19, Cass County announced Tuesday that one of its positive patients had died as well.

The number of positive cases in Cass County stayed at four, including the death, on Tuesday.

Berrien County now has 35 cases, including the death, up from the 32 reported Monday. Ten of the positive cases have recovered.

Van Buren County now has seven cases, an increase from four on Monday.

For state numbers, visit www.michigan.gov/coronavirus.

The Van Buren Cass District Health Department will provide updates on its website, www.vbcssdhd.org/covid-19. The Berrien County Health Department will provide updates on its website, www.bchdmi.org, on social media, and at its hotline, 1-800-815-5485.

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LEGALS

COLOMA CHARTER TOWNSHIP
NOTICE OF BUDGET PUBLIC HEARING VIA ZOOM

The Coloma Charter Township Board will hold a public hearing on the proposed township budget for fiscal year 2020/2021 at Coloma Township Hall, 4919 Paw Paw Lake Rd., on April 8, 2020 at 7:00 p.m. via Zoom. **"The property tax mileage rate proposed to be levied to support the proposed budget will be a subject of this hearing."** A copy of the proposed budget is available for public inspection at Coloma Township Hall, 4919 Paw Paw Lake Road, Coloma, MI 49038. Any questions regarding this meeting, via **White Space Sells**

LEGALS

Zoom, please call
Coloma Township at 4919 Paw Paw Lake Road, Coloma, MI 49038 or by telephone at (269)486-7212. Sandra Kraemer Coloma Charter Township Clerk

ANNOUNCEMENTS

CARD OF THANKS

Cody Keller and family would like extend their gratitude and appreciation to the many businesses that helped with donations as well as the many individuals that donated items, and/or helped with the event. Then benefit dinner for Cody Keller was a great success and shows how a community can put together.

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BOAT SLIPS

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MOTORCYCLES WANTED
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If you wish to reply to a box number and NOT have your letter sent to certain firms, then: (B) attach a note listing which firms are NOT to be sent to. (C) send every thing in ANOTHER ENVELOPE addressed as follows:

The Herald-Palladium Classified Department P.O. Box 128 St. Joseph, MI 49085-0128

If the advertiser is among the names you don't want to contact, we will destroy your sealed letter. **E-Mail Responses** You may also reply to ads with Herald-Palladium box numbers by e-mail. Do not attach your resume rather type it or copy & paste it directly into your e-mail program. Send your e-mail to: jobs@heraldpalladium.com

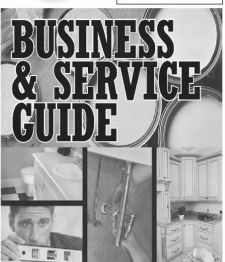
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hpy FOOD

Where to find free online cooking lessons

By SHARYN JACKSON (Minneapolis) Star Tribune

Always wanted to learn how to make béchamel? Or understand the difference between champagne and cremant?

Now you can.

One bright side to socially distant home life is all the newfound time to cook. But if you don't know your paring knife from your gin-su, you can now attend your own cooking school at home.

Many culinary masters and food-and-drink educators are posting their knowledge on the web – some for free.

The Italian chef Massimo Bottura, whose Osteria Francescana in Modena, Italy, scored three Michelin stars, is hosting daily live lessons on Instagram, which he's calling "Kitchen Quarantine."

And he doesn't waste time getting to the most important instruction for any chef in the time of coronavirus – or ever.

"First of all," Bottura says, "wash your hands."

So far, he's gone over curry, salad and even mac-and-cheese – yes, kid food from one of the world's best chefs. You have to tune in live – 3 p.m. Eastern – for his hyper-enthusiastic lesson, but Bottura also posts a Q&A afterward, dipping in and out of Italian and English. An extra tutorial on Italian on that béchamel sounds as luxurious as the sauce.

If you like watching people do what they do best, then go to the always-free Bon Appétit Video channel. The magazine's test kitchen chefs have become cult celebrities with their offbeat-yet-gripping shows.

Chris Morocco tries to recreate a dish while blindfolded? Sure. Carla Lalli Music teaches a celebrity how to cook while standing back-to-back? OK.

Best of all is "Gourmet Makeover" by chef Claire Saffitz's trial-and-error epic, in which she attempts to recreate junk food. Almost always, she struggles until



Getty Images

lightning strikes.

It's 40 suspenseful minutes of comfort food on screen. One could learn how to make Girl Scout Cookies from scratch, but the real lesson is that perseverance is an indispensable kitchen ingredient.

More lessons can be learned from the queen of cooking shows, Julia Child. Last month, Amazon Prime members could stream her classic series "The French Chef" for free. (Now, the show is a paid add-on in Prime or through TPT Passport.)

If you need to get over the ick-factor of handling raw chicken, Child won't hold your hand, but she will show you how it's done.

"Here is our dear little friend, the chicken," she says in one episode in her

jolly lilt, while knifing it to pieces.

The New York Times cooking team has a YouTube channel where Melissa Clark, Alison Roman and guests like Jamie Oliver and "Queer Eye's" Antoni Porowski do baked ziti, cookies and more.

Christopher Kimball's Milk Street magazine, which normally charges for its online Cooking School, has taken down the payroll on more than a dozen classes. Each class page contains videos, recipes, step-by-step photo guides and scans of related articles from the magazine. You'll still need to register on the site, but there's no payment.

America's Test Kitchen has also removed its payroll on its 50 "all-time favorite"

recipes. The site also posts full episodes of its cooking show, and more than 50 of the most recent episodes are free to stream.

Travel via your kitchen with recent offerings like "The Very Best Paris-Brest" and "A Trip to Rome."

Food Network Kitchen, the TV channel's educational app with live classes, does charge by the month (or year). But you can get a free starter month when you sign up, though you'll have to enter credit card information.

Cooks of Crocus Hill, the Minneapolis and St. Paul shop and cooking school, are posting video tutorials. The first: "We'll be talking about pantry cooking, quick and easy recipes. And ideas for engaging your kids," owner Karl Benson said.

Visit cooksofcrocushill.com for more details.

Benson said he'll be scheduling video classes with chefs and restaurants. And search the blog for the series Tasty Bits, less-than-a-minute videos with chefs and teachers about a surprise item inside a Cooks of Crocus Hill shopping bag.

Project Success, the youth development organization for Minneapolis Public School students, has turned its cooking institute into an online class geared toward 9th-12th graders. Kids will learn about recipes from different world cultures, as well as heating, seasoning and baking.

The live classes run on Instagram at 7 p.m. EDT Wednesdays at [instagram.com/projectsuccessorg](https://www.instagram.com/projectsuccessorg).

Jason Kallsen, founder of Twin Cities Wine Education, has taken his vast knowledge of wine online. He's just launched the Wine Workshop, a series of three-day courses with an interactive social message board, so participants can chat about the tutorials as they sample their own vino (\$29). There are also 1-hour webinars.

Learning about wine online is well suited to these times, Kallsen said.

"Wine has always been a magnet for connection," he said. "Now more so than ever, because it reminds us of vintages and places. When you look at a bottle of wine, that's sunshine and rainfall from another place and another time that you're putting in your body. Wine is time travel."

Southwest Michigan residents get creative with their food supply

We might not always be able to eat what we want – and we certainly can't dine in at a restaurant right now – but we can still eat well.

Our meals can still be healthy, and we can still learn new food management techniques, which will be useful even when the pandemic is over.

Even if we can't buy the ingredients we want, we may already have the ingredients we need. I think many of us – myself included – would be surprised to find what's in the dark recesses of our pantries and freezers.

All it takes is a little re-configuring and a lot of creativity to turn that food into a great meal.

Let's see what others in Southwest Michigan are doing in our new normal:



Jane Ammeson

De-stressing

Life is stressful enough right now, so recipes that are easy help relieve some of our worries.

"I'm definitely liking one-pan meals I can throw in my convection oven," Candy Moser says.

Using a chicken breast stuffed with mozzarella, brie, apple and cranberry, which she bought at Gordon's Food Service, along with some fresh asparagus, Moser threw together an easy-to-assemble meal.

"For the asparagus, I put a little salt on it and two pairs of butter," she says. "I covered the asparagus with aluminum and baked for 35 minutes."

The recipe is also versatile. Try substituting different stuffed chicken breasts and using other veggies, such as broccoli.

Using what we have

Many of us have cans and boxes of food we never seem to get around to using.

Cindy Well found some of her cans of black beans and cannellini beans that had been in her cabinets to make One-Pot Chili Beef Mac, a recipe she found on The Kitchen Whisperer, a website designed for home cooks and those who are new to the kitchen.

One-Pot Chili Beef Mac

This recipe uses basic pantry and fridge/freezer ingredients that most people should have on hand.

Ground beef, or ground turkey or chicken
Shell pasta, or any type of pasta or gnocchi
Beans (one or more types)
Veggies, like onions, tomatoes and a can of green chilis for heat
Spices (standard chili spices)
Broth
Cheese

In a large, heavy-bottomed pan, add some oil over medium heat. Once it starts to shimmer, just sauté the onions, as you want them to



Photo provided

One-Pot Chili Beef Mac is shown.

get soft and translucent.

Add in the beef with the chili powder and some salt.

Add in some of the seasonings now as you want to season the meat while it cooks. Break up the meat as you'll want smaller chunks instead of one large chunk of meat. Once it's cooked, drain the fat.

Put the meat back into the pot, and put it back on the stove. Add the rest of your spices, tomatoes, green chilis and broth. Stir and bring to a boil.

Add your pasta, and cook until the pasta is done.

Remove from the heat, add cheese and green onions, and stir until combined.

Satisfyingly good

Kimberly Shelton shared a recipe she made that was tasty and easy.

massage to coat.

Heat a large nonstick skillet over medium-high heat. Lightly coat with cooking spray.

Cook the pork chops for 3 minutes, turn over and cook for an additional minute, or until the pork is just cooked through. Transfer to 4 separate plates and top each pork chop with 1 teaspoon of the garlic butter.

To make the garlic butter: Stir together the butter, garlic and rosemary.

Taking advantage of sales

Food prices seem to be going up, and often shelves are bare. So when you see a good deal, it's best to pounce.

That's what Amy Schlichter did when she saw slabs of ribs on sale at Martin's.

"I made slow-baked, fall-off-the-bone baby back pork ribs last night with scalloped potatoes," she says. "I put on a rub made of several different spices the night before. And then the next day, I wrapped them in foil and baked for about 4 hours at 275 degrees. I removed the foil, and just splashed on regular Sweet Baby Ray's, and broiled for few minutes more. Yummy!"

Going bad

Food management is always an issue. In a recent study, the U.S. Department

of Agriculture found American consumers waste 225-290 pounds of food per year. It's a terrible waste, but even worse at a time like this.

Needing to use a head of cabbage, a leek and some bacon before they went bad, Diane Stephen decided to throw in a few more ingredient and make what she describes as "some good ol' Southern fried cabbage."

Diane Stephen's Southern Fried Cabbage

Bacon, cut into pieces
Leeks, chopped
Onions, chopped
Green peppers, chopped
1 to 2 cloves garlic, minced
Black pepper
Celery seed
Carrots, peeled and chopped
Cabbage, chopped
2 small bratwursts, cooked and cut into circles

Cut bacon into pieces, and fry it up.

Add chopped leeks, onions, green pepper and minced garlic in the bacon fat. Sauté until they turn a golden brown, then add black pepper and celery seed.

While the vegetables are sautéing, peel and boil carrots until just soft. Gradually add chopped cabbage to the sautéed vegetables and cook until it softens. Then add carrots and two small bratwursts.

Cook until heated through. Jane Ammeson can be contacted via email at janeammeson@gmail.com or by writing to Focus, The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085.

BETLE BAILEY



BLONDIE



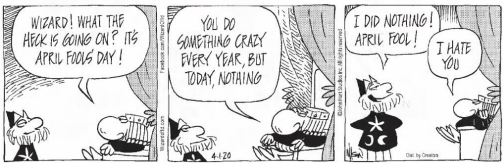
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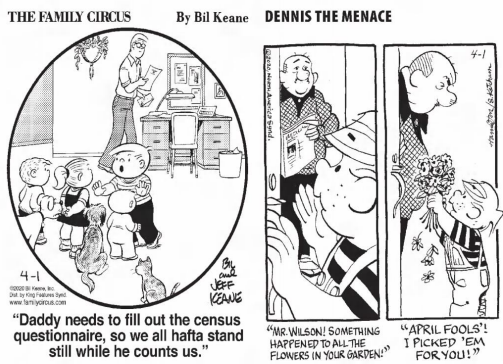
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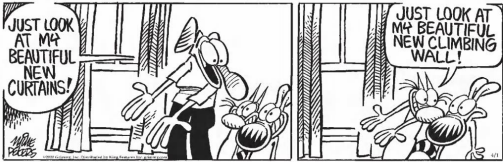
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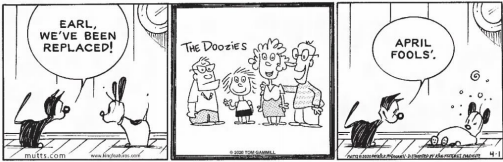
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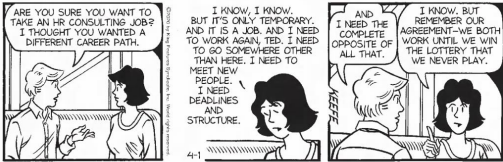
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PRIME TIME TV

WEDNESDAY EVENING APR. 1									
	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30		
ABC	Wheel of Fortune (N) (R) 30	The Gold Diggers (N) (R) 30	Schooled Family (N) (R) 30	Modern Family (N) (R) 30	Housewife (N) (R) 30	David Blaine: The Magic Way (N) (R) 30			
CBS	Survivor (N) (R) 30	Survivor (N) (R) 30	Survivor (N) (R) 30	Survivor (N) (R) 30	Survivor (N) (R) 30	Survivor (N) (R) 30			
NBC	Chicago Med (N) (R) 30	Chicago Med (N) (R) 30	Chicago Med (N) (R) 30	Chicago Med (N) (R) 30	Chicago Med (N) (R) 30	Chicago Med (N) (R) 30			
FOX	The Masked Singer (N) (R) 30	The Masked Singer (N) (R) 30	The Masked Singer (N) (R) 30	The Masked Singer (N) (R) 30	The Masked Singer (N) (R) 30	The Masked Singer (N) (R) 30			
PBS	Great Lanes (N) (R) 30	Great Lanes (N) (R) 30	Great Lanes (N) (R) 30	Great Lanes (N) (R) 30	Great Lanes (N) (R) 30	Great Lanes (N) (R) 30			
CW	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30			
MNT	Family Feud (N) (R) 30	Family Feud (N) (R) 30	Family Feud (N) (R) 30	Family Feud (N) (R) 30	Family Feud (N) (R) 30	Family Feud (N) (R) 30			
WCUI	Mike & Molly (N) (R) 30	Mike & Molly (N) (R) 30	Mike & Molly (N) (R) 30	Mike & Molly (N) (R) 30	Mike & Molly (N) (R) 30	Mike & Molly (N) (R) 30			
WHME	30 Heartland (N) (R) 30	30 Heartland (N) (R) 30	30 Heartland (N) (R) 30	30 Heartland (N) (R) 30	30 Heartland (N) (R) 30	30 Heartland (N) (R) 30			
WGN	News (N) (R) 30	News (N) (R) 30	News (N) (R) 30	News (N) (R) 30	News (N) (R) 30	News (N) (R) 30			
A&E	30 Ghost Hunters (N) (R) 30	30 Ghost Hunters (N) (R) 30	30 Ghost Hunters (N) (R) 30	30 Ghost Hunters (N) (R) 30	30 Ghost Hunters (N) (R) 30	30 Ghost Hunters (N) (R) 30			
AMC	30 The Walking Dead (N) (R) 30	30 The Walking Dead (N) (R) 30	30 The Walking Dead (N) (R) 30	30 The Walking Dead (N) (R) 30	30 The Walking Dead (N) (R) 30	30 The Walking Dead (N) (R) 30			
Animal	My Cat (N) (R) 30	My Cat (N) (R) 30	My Cat (N) (R) 30	My Cat (N) (R) 30	My Cat (N) (R) 30	My Cat (N) (R) 30			
BET	5:00 BET Star Cinema (N) (R) 30	5:00 BET Star Cinema (N) (R) 30	5:00 BET Star Cinema (N) (R) 30	5:00 BET Star Cinema (N) (R) 30	5:00 BET Star Cinema (N) (R) 30	5:00 BET Star Cinema (N) (R) 30			
Big Ten	Volleyball (N) (R) 30	Volleyball (N) (R) 30	Volleyball (N) (R) 30	Volleyball (N) (R) 30	Volleyball (N) (R) 30	Volleyball (N) (R) 30			
Bravo	Summer House (N) (R) 30	Summer House (N) (R) 30	Summer House (N) (R) 30	Summer House (N) (R) 30	Summer House (N) (R) 30	Summer House (N) (R) 30			
Cartoon	Apple (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30			
Old Man	Man (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30	Burgers (N) (R) 30			
CMT	Last Man (N) (R) 30	Mo'm (N) (R) 30	Mo'm (N) (R) 30	Mo'm (N) (R) 30	Mo'm (N) (R) 30	Mo'm (N) (R) 30			
CNBC	Shark Tank (N) (R) 30	Shark Tank (N) (R) 30	Shark Tank (N) (R) 30	Shark Tank (N) (R) 30	Shark Tank (N) (R) 30	Shark Tank (N) (R) 30			
CNN	OutFront (N) (R) 30	Anderson Cooper (N) (R) 30	Anderson Cooper (N) (R) 30	Anderson Cooper (N) (R) 30	Anderson Cooper (N) (R) 30	Anderson Cooper (N) (R) 30			
Comedy	South Park (N) (R) 30	South Park (N) (R) 30	South Park (N) (R) 30	South Park (N) (R) 30	South Park (N) (R) 30	South Park (N) (R) 30			
Discovery	30 Bering Sea Gold (N) (R) 30	30 Bering Sea Gold (N) (R) 30	30 Bering Sea Gold (N) (R) 30	30 Bering Sea Gold (N) (R) 30	30 Bering Sea Gold (N) (R) 30	30 Bering Sea Gold (N) (R) 30			
Disney	30 Sun's Out, Sand's Out (N) (R) 30	30 Sun's Out, Sand's Out (N) (R) 30	30 Sun's Out, Sand's Out (N) (R) 30	30 Sun's Out, Sand's Out (N) (R) 30	30 Sun's Out, Sand's Out (N) (R) 30	30 Sun's Out, Sand's Out (N) (R) 30			
DIY	Restored Holmes Makers (N) (R) 30	Restored Holmes Makers (N) (R) 30	Restored Holmes Makers (N) (R) 30	Restored Holmes Makers (N) (R) 30	Restored Holmes Makers (N) (R) 30	Restored Holmes Makers (N) (R) 30			
ESPN	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30			
ESPN2	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30	To Be Announced (N) (R) 30			
ESPN3	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30			
Food	Tournament (N) (R) 30	Tournament (N) (R) 30	Tournament (N) (R) 30	Tournament (N) (R) 30	Tournament (N) (R) 30	Tournament (N) (R) 30			
Fox News	The Story (N) (R) 30	The Story (N) (R) 30	The Story (N) (R) 30	The Story (N) (R) 30	The Story (N) (R) 30	The Story (N) (R) 30			
NBA	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30			
Fox Sports	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30	Baseball MLB Baseball (N) (R) 30			
Freeform	30 The Mindy Project (N) (R) 30	30 The Mindy Project (N) (R) 30	30 The Mindy Project (N) (R) 30	30 The Mindy Project (N) (R) 30	30 The Mindy Project (N) (R) 30	30 The Mindy Project (N) (R) 30			
FX	30 Peter Rabbit (N) (R) 30	30 Peter Rabbit (N) (R) 30	30 Peter Rabbit (N) (R) 30	30 Peter Rabbit (N) (R) 30	30 Peter Rabbit (N) (R) 30	30 Peter Rabbit (N) (R) 30			
Golf	PGA TOUR (N) (R) 30	PGA TOUR (N) (R) 30	PGA TOUR (N) (R) 30	PGA TOUR (N) (R) 30	PGA TOUR (N) (R) 30	PGA TOUR (N) (R) 30			
Hallmark	Love to Love (N) (R) 30	Love to Love (N) (R) 30	Love to Love (N) (R) 30	Love to Love (N) (R) 30	Love to Love (N) (R) 30	Love to Love (N) (R) 30			
HBO	30 Westworld (N) (R) 30	30 Westworld (N) (R) 30	30 Westworld (N) (R) 30	30 Westworld (N) (R) 30	30 Westworld (N) (R) 30	30 Westworld (N) (R) 30			
History	Forged (N) (R) 30	Forged (N) (R) 30	Forged (N) (R) 30	Forged (N) (R) 30	Forged (N) (R) 30	Forged (N) (R) 30			
HGTV	Property Brothers (N) (R) 30	Property Brothers (N) (R) 30	Property Brothers (N) (R) 30	Property Brothers (N) (R) 30	Property Brothers (N) (R) 30	Property Brothers (N) (R) 30			
Learning	My 600-Lb Life (N) (R) 30	My 600-Lb Life (N) (R) 30	My 600-Lb Life (N) (R) 30	My 600-Lb Life (N) (R) 30	My 600-Lb Life (N) (R) 30	My 600-Lb Life (N) (R) 30			
Lifetime	Married at First Sight (N) (R) 30	Married at First Sight (N) (R) 30	Married at First Sight (N) (R) 30	Married at First Sight (N) (R) 30	Married at First Sight (N) (R) 30	Married at First Sight (N) (R) 30			
MTV	Decision (N) (R) 30	Decision (N) (R) 30	Decision (N) (R) 30	Decision (N) (R) 30	Decision (N) (R) 30	Decision (N) (R) 30			
MTV	Ridic (N) (R) 30	Ridic (N) (R) 30	Ridic (N) (R) 30	Ridic (N) (R) 30	Ridic (N) (R) 30	Ridic (N) (R) 30			
NBCSN	TBA (N) (R) 30	TBA (N) (R) 30	TBA (N) (R) 30	TBA (N) (R) 30	TBA (N) (R) 30	TBA (N) (R) 30			
NFL	NFL Total (N) (R) 30	NFL Total (N) (R) 30	NFL Total (N) (R) 30	NFL Total (N) (R) 30	NFL Total (N) (R) 30	NFL Total (N) (R) 30			
Nick	Sponge (N) (R) 30	Sponge (N) (R) 30	Sponge (N) (R) 30	Sponge (N) (R) 30	Sponge (N) (R) 30	Sponge (N) (R) 30			
NGEO	Locked Up (N) (R) 30	Locked Up (N) (R) 30	Locked Up (N) (R) 30	Locked Up (N) (R) 30	Locked Up (N) (R) 30	Locked Up (N) (R) 30			
Oxygen	Datineline (N) (R) 30	Datineline (N) (R) 30	Datineline (N) (R) 30	Datineline (N) (R) 30	Datineline (N) (R) 30	Datineline (N) (R) 30			
Paramt	Two Men (N) (R) 30	Two Men (N) (R) 30	Two Men (N) (R) 30	Two Men (N) (R) 30	Two Men (N) (R) 30	Two Men (N) (R) 30			
Showtime	Donnie Brasco (N) (R) 30	Donnie Brasco (N) (R) 30	Donnie Brasco (N) (R) 30	Donnie Brasco (N) (R) 30	Donnie Brasco (N) (R) 30	Donnie Brasco (N) (R) 30			
Starz	6:55 Peter Rabbit (N) (R) 30	6:55 Peter Rabbit (N) (R) 30	6:55 Peter Rabbit (N) (R) 30	6:55 Peter Rabbit (N) (R) 30	6:55 Peter Rabbit (N) (R) 30	6:55 Peter Rabbit (N) (R) 30			
STZENC	30 Spacely (N) (R) 30	30 Spacely (N) (R) 30	30 Spacely (N) (R) 30	30 Spacely (N) (R) 30	30 Spacely (N) (R) 30	30 Spacely (N) (R) 30			
Syfy	4:45 The Gnomes (N) (R) 30	4:45 The Gnomes (N) (R) 30	4:45 The Gnomes (N) (R) 30	4:45 The Gnomes (N) (R) 30	4:45 The Gnomes (N) (R) 30	4:45 The Gnomes (N) (R) 30			
TBS	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30	Big Bang Theory (N) (R) 30			
TCM	6:10 Seven Samurai (N) (R) 30	6:10 Seven Samurai (N) (R) 30	6:10 Seven Samurai (N) (R) 30	6:10 Seven Samurai (N) (R) 30	6:10 Seven Samurai (N) (R) 30	6:10 Seven Samurai (N) (R) 30			
TMC	High and Low (N) (R) 30	High and Low (N) (R) 30	High and Low (N) (R) 30	High and Low (N) (R) 30	High and Low (N) (R) 30	High and Low (N) (R) 30			
TNT	Dumb (N) (R) 30	Dumb (N) (R) 30	Dumb (N) (R) 30	Dumb (N) (R) 30	Dumb (N) (R) 30	Dumb (N) (R) 30			
Travel	Paranormal (N) (R) 30	Paranormal (N) (R) 30	Paranormal (N) (R) 30	Paranormal (N) (R) 30	Paranormal (N) (R) 30	Paranormal (N) (R) 30			
TV Land	Andy G (N) (R) 30	Andy G (N) (R) 30	Andy G (N) (R) 30	Andy G (N) (R) 30	Andy G (N) (R) 30	Andy G (N) (R) 30			
USA	20 NCIS (N) (R) 30	20 NCIS (N) (R) 30	20 NCIS (N) (R) 30	20 NCIS (N) (R) 30	20 NCIS (N) (R) 30	20 NCIS (N) (R) 30			
VH1	Black Ink (N) (R) 30	Black Ink (N) (R) 30	Black Ink (N) (R) 30	Black Ink (N) (R) 30	Black Ink (N) (R) 30	Black Ink (N) (R) 30			
WGN-A	How I Met (N) (R) 30	How I Met (N) (R) 30	How I Met (N) (R) 30	How I Met (N) (R) 30	How I Met (N) (R) 30	How I Met (N) (R) 30			

Study links overtime to masked hypertension

DEAR DOCTOR: I heard about a study that says working overtime gives you high blood pressure. My husband just joined a competitive company, and he's expected to work a lot of extra hours. He's already a Type A kind of guy, and I'm worried.

DEAR READER: You're referring to the results of research published last December that found a connection between putting in long hours at work each week and an increased risk of developing high blood pressure. More specifically, the study uncovered a link to a condition known as "masked hypertension." This is when blood pressure readings in the doctor's office are normal but then rise to elevated—and even dangerous—levels outside of the clinical setting. That makes diagnosis and treatment difficult and may put someone at higher risk of heart problems and stroke.

In the study, published in the journal Hypertension, researchers in Canada followed 3,500 office workers for five years. Participants in the study wore a device that measured their blood pressure every 15 minutes. The researchers also ob-

tained daily blood pressure readings while the workers were at rest. The goal was to identify periods of normal blood pressure, sustained high blood pressure and masked hypertension. After adjusting the resulting data for lifestyle factors such as weight and smoking, existing medical conditions such as diabetes, family medical history and job strain, the researchers found a correlation between how much overtime someone worked and their blood pressure.

Overall, the study found a 70 percent higher risk of masked hypertension among workers who put in 49 or more hours per week as compared to those with a workweek of 35 hours or fewer. They also found that the overtime group had a 66 percent higher risk of sustained high blood pressure. These are blood pressure readings that remain high and can be measured in a clinical setting. As little as one to nine hours of overtime was linked to a significant increase in risk of both types of hypertension. The results held true for both women and men.

Analysis of previous research, which also finds a connection between a long workweek and developing high blood pressure, suggests stress and loss of sleep as potential causes. But because the number-crunching in the Canadi-

an study takes those factors into consideration, the authors suspect some other mechanism is at work. Considering that the study looked at white-collar workers, who spend the lion's share of their time behind a desk, recent revelations about the adverse health effects of prolonged sitting may hold a clue. These include weight gain, increased risk of developing metabolic diseases like Type 2 diabetes, and, yes, hypertension. It will be interesting to see if these parallel avenues of research converge.

Meanwhile, considering the demands of your husband's new job, as well as your description of him as a driven Type A personality, we think it would be wise for him to check in with his health care provider. He may be advised to monitor his blood pressure with a wearable monitor, which would allow a diagnosis, and, if needed, appropriate treatment.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10890 Wilshire Blvd., Suite 1450, Los Angeles, CA 90024. Owing to the volume of mail, personal replies cannot be provided.

Should I end my relationship with a blabber mouth?

DEAR CAROLYN: A few years ago, I got very chummy with an old acquaintance. We knew each other socially for years, but the closeness is new.

She can be a fun person ... shopping trips, meeting for coffee, etc.

I allowed it to grow into a lopsided arrangement where she calls every few days to check in, shares facts and gossips about everyone in her life. At a recent luncheon, she blurted out — to people I don't know — a few things about me that I shared with her.

It finally dawned on me that this is part of her DNA. She just can't keep anything private.

I doubt it is malicious, she just has to tell what she knows ... to anyone and everyone.

I have minimized contact, respond "nothing to report," always claim I'm busy when she calls, etc. I feel I need to address this clearly with her, and I really want to end the friendship. I am a very private person and can't trust her with any information. I am at a loss as to how to handle

this without causing a blowup. — Bad Boundaries Girl

BAD BOUNDARIES GIRL: Truthfully: "I've been dodging your questions and invitations, which is unfair. I owe you the reason."

"I was really upset at the luncheon when you shared X, which I told you in confidence, with people I don't even know. This is after [another example or two]."

"I don't think you did this out of malice. I just think we have different ideas about privacy. Regardless, I am no longer comfortable confiding in you. I am sorry about this — I enjoy your company."

Then see what she says. Or, don't, and instead (pending post-pandemic normalcy) just keep sharing coffee and nothing deeper than that. Fun can be enough.

DEAR CAROLYN: My aunt and cousin in both were diagnosed recently with serious illnesses. I would like to send a card when I hear of things like this, but my mother seems to want to be the contact person, not have our family bother them, etc.

It feels wrong not to acknowledge individually something so big-ticket to them and their family members. I ask my mother and she tells me to

wait, and then finally months go by and I think our side of the family looks like [glass bowls]. Do I just give her a heads-up I'm doing my own thing? — Anonymous

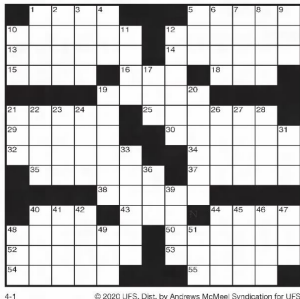
ANONYMOUS: Yes, this time. And the next time your mother asks you to wait, please ask, on the spot: "Wait for what, exactly?" That way, she can tell you if the person, for example, asked your mother not to share the news, or requested no contact. I realize history says she has her own, controlling reasons to wait, but given how common it is for people to share health news in confidence or with certain requests or disclaimers, it's still important to confirm you're at liberty (in the eyes of the affected) to act on any information you've given.

Once she makes it clear it's about not "bothering" someone or about her wanting to be the contact person, then say you're going ahead anyway with expressing your concern directly and will make sure you keep a low profile. A card or letter, after any dig, is about as unobtrusive as caring can get.

Carolyn at tellme@washingtonpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at www.washingtonpost.com. Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10890 Wilshire Blvd., Suite 1450, Los Angeles, CA 90024. Owing to the volume of mail, personal replies cannot be provided.

CROSSWORD

- ACROSS**
- 1 impose taxes
 - 5 Game of strategy
 - 10 Mummy locale
 - 12 Hot dog
 - 13 Hun leader
 - 14 Steers
 - 15 clear of a trip
 - 17 Harlow or Stapleton
 - 18 Traipse
 - 19 Cookbook
 - 20 Scarf
 - 21 Tiny part
 - 22 Stetson wearers
 - 23 Unzipped
 - 24 Expand
 - 32 Many sculptures
 - 34 Some eclipses
 - 35 Blood-hounds'
 - 36 Red
 - 37 Seal the scene
 - 38 Though work schedule
 - 40 Fleeced
 - 42 10-Mil. rank
 - 43 Onassis nickname
- DOWN**
- 1 Pear-shaped instrument
 - 2 Are in Taxco
 - 3 Ore
 - 4 "The King and I" name
 - 5 Not mil.
 - 6 Radiator output
 - 7 Finishes up
 - 8 Filter in
 - 9 Almost-grands
 - 10 Mil. rank
 - 11 Pageant
 - 12 Jammed
 - 13 Insect
 - 14 Casual
 - 15 Goodbye
 - 16 Banished
 - 17 St. Louis
 - 18 Alonzo
 - 19 Cleopatra's woe
 - 20 Radiator editing
 - 21 24-falling ingredient
 - 22 Billionth, in combs
 - 23 PQD
 - 24 Before, in verse
 - 25 33-string of pearls
 - 26 Isaac Newton's title
 - 27 Shade of green
 - 28 Volcano in Sicily
 - 29 41 Soaks
 - 30 Arden and Curie
 - 31 Does some editing
 - 32 45-Uredied
 - 33 47 Moose-kin
 - 34 Drink a little
 - 35 49 Pilot's dir.
 - 36 51 French



JUMBLE

Unscramble these Jumbles, one letter for each square, to form four ordinary words.

KAHII
RGEEV
NOTENB
PAYNSP



Yesterday's Jumbles: INEPT LOUSY VERBAL CANOLA Answer: When asked how many home sites were left, she said they had — LOTS AVAILABLE

BRIDGE

Hermann Hesse wrote, "Eternity is a mere moment, just long enough for a joke."

I doubt today will last for an eternity, but if you know a funny, clean joke, please email it to me at philip@bridgeforeveryone.com.

This deal features a declarator-play technique that is almost sure to be right. How should South play the play in four spades after West leads the club seven to the six, king and ace?

When the opener has 5-4-3-1 shape and 12 to 14 high-card points, opens in his five-card suit and hears partner respond in his three-card major, he should raise to two of that major. Even if opener has 4-3-5-1 or 4-3=1=5, rebidding two

hearts will usually work better than one spade. Note also that if South's spade two were in either minor suit, he would rebid three no-trump, not four spades, to offer his partner a choice of games.

In four spades, South saw four potential losers: one heart, one diamond and two clubs. However, declarer knew that any time he could ruff a loser in the shorter trump hand, it would be the right line of play.

So, he ruffed a club at trick two, played a heart to his last club. Then he cashed the spade ace, getting the surprising news about the 5-1 trump. After checking that West wasn't having a little joke, momentarily rene-

I&M warns against scams during pandemic

By HP STAFF

Indiana Michigan Power has reported several scams making the rounds in the wake of the COVID-19 pandemic.

"Scams are not unique to I&M, nor have they gone away with the emergence of the COVID-19 pandemic. Scams have been reported across the U.S. targeting various utility customers and companies, and some scam calls have recently been reported to I&M," the utility noted in a news release.

According to the release, the scams often vary, but often work like this:

■ Customers receive calls from scammers falsely identifying themselves as I&M employees.

■ The caller claims the customer is late paying their bill, and their power will be disconnected if the customer does not pay immediately.

■ Many scammers "spoof" the telephone number to appear as a different number. In some cases, it may appear to be an authentic I&M phone number.

■ Customers are usually instructed to call a different number to arrange payment.

■ Scammers may seek account information or personal credit card and banking information from customers. Some direct customers to buy a debit card and provide the debit card number.

During the pandemic, I&M has suspended disconnects

for non-payment. "We remind customers that they are still responsible for their bills and it is important that they continue paying for their usage," the release said.

For assistance on paying their bill, Michigan customers should call 800-311-6424.

Regardless of the situation, I&M employees NEVER call customers demanding immediate payment. Nor does I&M disconnect service without prior written warning.

Anyone receiving such calls should hang up and call I&M's Customer Operations Center at 800-311-4634 to report the scam.

I&M donates supplies, funds

The utility announced Tuesday that it will be donating 10,000 masks and 10,000 individual nitrile gloves from its inventory to health care workers and first responders throughout the area it serves in Indiana and Michigan.

"The mask is the much-needed N95 mask, and the gloves are nitrile gloves, made from a synthetic rubber," I&M noted in a news release.

Also, the American Electric Power Foundation is donating \$1.5 million in emergency funds to support basic human needs and help address the hardships faced by customers and communities. Of that, \$240,000 will be distributed to appropriate nonprofit agencies in the I&M service territory.

Michigan surpasses 7,600 coronavirus cases; death toll at 259

By CHRIS SOLARI and TODD SPANGLER
Detroit Free Press (TNS)

Michigan continues to see an increase in both deaths from the novel coronavirus and new cases among its residents.

The state reported 75 more COVID-19 deaths in its data as of 10 a.m. Tuesday, up from 52 deaths a day earlier. There were 1,117 additional cases reported, over 100 more than were reported in Monday's totals.

To date, the state health department has confirmed 259 coronavirus-related deaths and 7,615 cases reported in Michigan.

Detroit's death toll climbed by 23 and rose to 75, with 2,080 COVID-19 cases reported in the city. Oakland County now has 70 deaths, up by 22 from Monday's figures. Wayne County has 45 deaths (Detroit and Wayne County are counted separately by the state), and Macomb County has 38 deaths.

The average age of coronavirus died is now 70 years old. The state median age is 71. The age range of deaths because of the virus is 25 to 107 years old, according to state data.

Of the confirmed cases, 50 percent are female, 49 percent male and 1 percent unknown. Men account for 65 percent of the deaths. The highest percentage of people with the illness, based on age, are those 50-59 at 20 percent. The next highest percentages are among those 60-69 (19 percent) and 40-49 (17 percent).

As of Tuesday morning, 23.5 percent of almost 25,000 coronavirus tests have yielded positive results.

The number of cases has steadily risen since the first two were reported March 10.

Models show Michigan could see as many as 4,500 deaths from virus

Ominous model

Michigan could be facing between 1,000 and 4,500 deaths from the novel coronavirus even with mitigation efforts fully in place, according to a model cited by President Donald Trump and his medical advisers on Tuesday.

The worst is expected in the next two weeks, Trump said, noting that a spike in cases in southeastern Michigan caught his administration and others by surprise.

"Detroit is having a really hard time," Trump said at a briefing of his Coronavirus Task Force at the White House. "It came out of nowhere. ... This could be a hell of a bad two weeks."

Trump and his experts say, however, that social distancing and other more drastic measures to stop the spread ordered by governors and other officials are working, and that the death toll will be far worse if people don't practice them, as recommended by the White House, at least through the end of April.

The model projects a median number of about 85,000 deaths across the U.S. with most coming between now and June 1, though it also suggests the number could be as low as 160,000. Trump and other White House officials said the model could actually be low, however, saying there could be between 100,000 to 240,000 deaths, based on what has been seen in other countries, including Italy.

The peak in the number of deaths for Michigan is expected to come in the next 10 days, the model predicts, with 164 deaths in the state on April 11, though that is only a statistical projection and could be higher or lower.

OBITUARIES

Death notices

Walter L. "Bud" Baker, 74, of Coloma died March 30, 2020, at Lakeland Medical Center, St. Joseph. Calvin Funeral Home, Hartford, 621-4101.

Christopher A. Birmele, 59, of Decatur died March 30, 2020, at home. Calvin Funeral Home, Hartford, 621-4101.

Shirley Ann Doss, 56, of Benton Harbor died March 12, 2020, in Grand Rapids, Mich. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Evelyn R. Glanton, 69, of Flouissant, Mo., formerly of Benton Harbor died March 8, 2020. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Ruthie M. Green, 92, of Benton Harbor died March 27, 2020, at Lakeland Medical Center, St. Joseph. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Rosie Lee McCoy, 82, of Benton Harbor died March 28, 2020, at home. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Joseph "Joe" E. McKie, 88, of Three Oaks died March 25, 2020. Wagner Family Funeral Home, Three Oaks, 756-3831.

Sandra K. Spitzke, 57, of Baroda died March 30, 2020, at West Woods of Bridgman. Starks & Menchinger Chapel and Cremation Services, St. Joseph, 556-9450.

Daniel W. Strine, 73, of St. Joseph died March 30, 2020, at home. Starks & Menchinger Chapel and Cremation Services, St. Joseph, 556-9450.

Joseph Taylor, 91, of Sodus died March 28, 2020, in Grand Rapids, Mich. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Butch Walton, 72, of Benton Harbor died March 28, 2020, at home. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

James Lee Williams, 73, of Benton Harbor died March 29, 2020, at Hallmark Living, Benton Harbor. Robbins Brothers Funeral Home, Benton Harbor, 927-3181.

Joseph 'Joe' Edward McKie

Sept. 25, 1931 - March 25, 2020

Joseph "Joe" Edward McKie, 88, of Three Oaks died peacefully in his sleep, surrounded by his loving family on Wednesday, March 25, 2020. He now resides in Heaven with our Lord and Savior, Jesus Christ.

Joe was born Sept. 25, 1931, in Three Oaks Township, to Joseph H. and Helen McKie. He married Patricia E. DeBoer on Oct. 1, 1955, in Three Oaks. She preceded him in death April 20, 2015. Joe was born in the farmhouse on the old McKie homestead, south of town on what is now Forest Lawn Road. In 1937, 6 six years old, he started school at the Basswood schoolhouse and the next year continued into the first grade in Three Oaks. Joe graduated from Three Oaks High School as class president in 1950.

After high school, about 1952, he worked at the Chamberlain Museum, readying the exhibits there to be moved to Michigan State University in Lansing. Beginning in February of 1955, Joe worked

34 years, mostly on the night shift for Joy Manufacturing Company in Michigan City, Ind. As time went on, he worked at the Three Oaks Post Office two to three days a week in the daytime from 1965-1977. After 34 years at Joy, the plant closed and it was on to finding work at Bridgman Schools and finally, in the hot tool crib at Cook Nuclear Plant in Bridgman.

In retirement, Joe and his wife, Patricia, drove cars for and to dealers Lochmandy and Siemens, close to South Bend, Ind. They were members of the First Reformed Church in Three Oaks until it closed in 2015. Joe loved the Lord and his family. He faithfully took his family to church, and in time, his children came to know Jesus. His legacy lives on in his grandchildren and great-grandchildren.

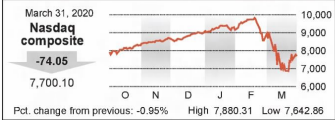
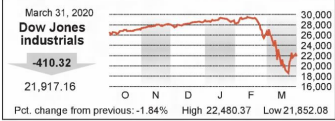
Joe will be greatly missed by family and friends. He is survived by four children: Mary (Edward G.) Duval of Middletown, Md., Patricia (Michael D.) Shelby of

Three Oaks, John J. (Cindee K.) McKie of LaPorte, Ind., and Rebecca (Michael F.) Cluster of Three Oaks; seven grandchildren: Christi (James) Brown of Sanford, Me., Joshua (Angela) McKie of LaPorte, Andrea (Daniel) Hartstein of Granger, Ind., Chad (Patricia) McKie of Pace, Fla., Thomas (Elisabeth) Duval of Sequim, Wash., Emily (Ethan) Zeiger of Hinesville, Ga., and Jonathan (Cori) Cluster of Three Oaks; 11 great-grandchildren; and a host of nieces, nephews, cousins and friends.

Family and friends will gather at a later date and time, yet to be determined. Joe will also be laid to rest in Forest Lawn Cemetery at a later date. In lieu of flowers, the family prefers contributions be made in memory of Mr. McKie to the Harbor Country Food Pantry, P.O. Box 113, Three Oaks, MI 49128.

Arrangements have been entrusted to Pobocik Chapel, Wagner Family Funerals, Three Oaks. Please share a memory or a message online: wagnercares.com.

MARKETS



Local Stocks

NAME	TICKER	LO	HI	CLOSE	CHG	%CHG	WK	MO	YTD
AT&T Inc	T	26.08	39.70	29.15	-1.08	-3.6	▼	▼	▼
AEP	AEP	65.14	104.97	79.98	-3.73	-4.5	▼	▼	▼
Apple Inc	AAPL	170.27	327.85	254.29	-52	-2.0	▲	▲	▲
AudiZoo	AZO	684.91	1274.41	846.00	279.9	3.2	▲	▲	▲
BP PLC	BP	15.51	45.38	24.39	+47	+2.0	▲	▲	▲
CMS Eng	CMS	46.03	69.12	58.75	-3.19	-5.2	▲	▲	▲
CocaCola	KO	36.27	60.07	44.25	-7.5	-1.7	▲	▲	▲
Comcast	CMCSA	31.71	47.74	34.38	-8.8	-2.5	▲	▲	▲
Deere	DE	106.14	180.48	138.16	-3.07	-2.2	▲	▲	▲
Disney	DIS	79.07	153.41	96.60	-3.20	-3.2	▲	▲	▲
DollarTree	DLTR	60.20	119.71	73.47	-6.38	-8.0	▲	▲	▲
ExxonMtl	XOM	30.11	83.49	37.97	+47	+1.3	▲	▲	▲
FifthThird	FTIB	11.10	31.64	14.85	-1.02	-6.4	▲	▲	▲
FirstSource	SROE	26.07	53.42	32.43	+4.3	+1.3	▲	▲	▲
FormD	F	3.36	10.56	4.83	-2.0	-4.0	▲	▲	▲
GenElec	GE	5.90	13.26	7.94	+0.56	+0.6	▲	▲	▲
HomeDep	HD	140.63	247.12	186.71	-9.39	-4.8	▲	▲	▲
HorizBcp	HBNC	7.42	19.48	9.86	+1.1	+1.1	▲	▲	▲
HuntSinch	HBAN	6.85	15.63	8.21	-1.17	-2.0	▲	▲	▲
IDEX	IEX	104.56	178.14	138.11	+123	+0.9	▲	▲	▲
IBM	IBM	90.56	158.75	110.93	-2.00	-1.8	▲	▲	▲
JPMorgCh	JPM	78.91	141.10	90.03	-3.47	-3.7	▲	▲	▲
Johnn	JN	109.16	154.50	131.13	-1.88	-1.4	▲	▲	▲
Lowes	LWD	60.00	126.73	86.05	-2.66	-3.0	▲	▲	▲
McDivide	MCD	124.23	221.93	165.35	-2.78	-1.7	▲	▲	▲
Microsoft	MSFT	118.10	190.70	157.71	-2.52	-1.6	▲	▲	▲
MillerHf	MLHR	0.39	49.88	22.20	-5.6	-2.5	▲	▲	▲
Pennney	JCP	11.36	14.7	3.6	-0.1	-1.9	▲	▲	▲
Perigo	PRGO	40.17	63.86	48.09	-7.2	-1.5	▲	▲	▲
Pfizer	PFE	27.88	44.56	32.64	-0.03	-0.1	▲	▲	▲
ProdGam	PG	94.34	128.09	110.00	-5.00	-4.3	▲	▲	▲
PubuBsc	RSB	61.37	100.91	75.06	-1.18	-1.5	▲	▲	▲
Steelcase	SCS	72.57	23.02	9.87	-6.0	-6.0	▲	▲	▲
Stryker	SYK	120.44	226.30	166.49	+3.53	+2.2	▲	▲	▲
TCF Finl	TCF	16.96	47.46	22.66	-4.2	-1.8	▲	▲	▲
Target	TGT	70.03	130.24	92.97	-3.04	-3.2	▲	▲	▲
TractSupp	TSCO	63.89	114.25	84.55	-1.00	-1.2	▲	▲	▲
UPS B	UPS	82.00	125.31	93.42	-4.42	-4.5	▲	▲	▲
VerizonCm	VZ	48.84	62.22	53.73	-1.04	-1.9	▲	▲	▲
WEC Eng	WEZ	40.01	109.53	88.13	-3.76	-4.1	▲	▲	▲
Walmart	WMT	98.15	128.08	113.82	-1.57	-1.4	▲	▲	▲
WalpBoots	WSA	40.52	64.50	45.75	+5.59	+13	▲	▲	▲
Wendys Co	WEN	6.40	24.04	14.88	-0.9	-0.6	▲	▲	▲
Whitl	WHR	64.00	152.64	85.80	-1.91	-2.2	▲	▲	▲
Worthing	WOR	19.28	44.69	26.25	-3.7	-1.4	▲	▲	▲
XPO Logs	XPO	38.47	100.18	48.75	-2.68	-5.2	▲	▲	▲

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DO YOU REMEMBER?

25 years ago – 1995

The company that holds the land contract on Fairplain Plaza in Benton Township is in Chapter 7 bankruptcy. A judge will decide next week what will happen next to the shopping center. The company voluntarily converted from Chapter 11 bankruptcy protection to Chapter 7, or "straight bankruptcy," in early March. Chapter 11 allows a business to continue operating while working to pay off debt. Chapter 7 provides a court-appointed trustee who decides how to operate the business.

35 years ago – 1985

Memorial Hospital, St. Joseph, today opened a 24-hour medical program aimed at "convenient, quick and affordable non-emergency care," according to Beverly Denton, director

of emergency department nursing for the Southwestern Michigan Health Care Association. The program, called "Med Express," has a basic fee of \$25 per visit for patients with uncomplicated illnesses or injuries, compared with a traditional emergency room fee of \$43 or more.

50 years ago – 1970

Today is Census Day, the day for all Americans to start being counted. The southern Michigan counties will be counted by 598 census takers working out of the district office in St. Joseph. Every household in the district will be visited. Questionnaires were mailed out a few days ago and are to be filled out and held for the census taker. It will probably take 3-5 weeks to visit every household.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Wednesday, April 1, the 92nd day of 2020. There are 274 days left in the year.

Highlight in history:

On April 1, 1976, Apple Computer was founded by Steve Jobs, Steve Wozniak and Ronald Wayne.

On this date:

In 1789, the U.S. House of Representatives held its first full meeting in New York; Frederick Muhlenberg of Pennsylvania was elected the first House speaker.

In 1891, the Wrigley Co. was founded in Chicago by William Wrigley, Jr.

In 1917, Scott Joplin, "The King of Ragtime Writers," died at a New York City hospital; he was believed to have been 49 years old. In 1945, American forces

launched the amphibious invasion of Okinawa during World War II. (U.S. forces succeeded in capturing the Japanese island on June 22.)

In 1954, the United States Air Force Academy was established by President Dwight D. Eisenhower.

In 1963, New York City's daily newspapers resumed publishing after settlement was reached in a 114-day strike. The daytime drama "General Hospital" premiered on ABC-TV.

In 1970, President Richard M. Nixon signed a measure banning cigarette advertising on radio and television, to take effect after Jan. 1, 1971.

In 1972, the first Major League Baseball players' strike began; it lasted 12 days.

5-Day Forecast for St. Joseph

Today	Tonight	Thursday	Friday	Saturday	Sunday
Mostly Cloudy 43°	Partly Cloudy 36°	Partly Cloudy 50° / 42°	Mostly Cloudy 55° / 46°	Few Showers 52° / 43°	Chance Showers 50° / 44°

Local Outlook

Today we will see mostly cloudy skies, high temperature of 43°, humidity of 77%. South southeast wind 3 to 6 mph. Expect partly cloudy skies tonight, overnight low of 36°. Southeast wind 1 to 5 mph. Thursday, skies will be partly cloudy, high of 50°, humidity of 66%.

Local Almanac

Benton Harbor Yesterday	
Temperature	
High	42°
Low	36°
Normal High	53°
Normal Low	34°
Record High	78° in 2010
Record Low	21° in 2000
Precipitation	
Yesterday	0.00"
Month to date	1.97"
Normal for month	2.48"
Year to date	6.89"
Normal Year to date	5.65"

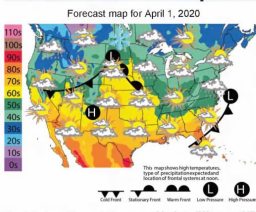
Sun and Moon

Sunrise	7:27 a.m.
Sunset	8:12 p.m.
Moonrise	12:39 p.m.
Moonset	3:24 a.m.
First	4/1
Full	4/7
Last	4/14
New	4/22

Regional Map



National Weather Map



For latest weather updates: www.UpdatedWx.com/HP

Lake Michigan

Today, N wind 5 to 7 kt. Partly sunny. Waves 1 to 2 ft. Water temperature 36 degrees. Tonight, Variable winds 5 kt or less. Partly cloudy. Waves around 1 ft.

Michigan Forecast

Upper Peninsula

Today, skies will be partly cloudy to mostly cloudy with highs in the 30s and 40s. Northeast wind 3 to 6 mph. Expect sunny to partly cloudy skies Thursday with isolated rain, highs in the 40s and 50s. East wind 2 to 5 mph.

Lower Peninsula

Today, skies will be mostly cloudy with highs in the 40s and 50s. South southeast wind 3 to 6 mph. Expect mostly sunny to partly cloudy skies Thursday with highs in the 40s and 50s. Light winds.

U.S. death toll eclipses China's as reinforcements head to NYC

By COLLEEN LONG, KAREN MATTHEWS and DAVID RISING
Associated Press

NEW YORK — The U.S. death toll from the coronavirus climbed past 3,800 Tuesday, eclipsing China's official count, as hard-hit New York City rushed to bring in more medical professionals and

ambulances and parked refrigerated morgue trucks on the streets to collect the dead. Public health experts at a briefing with President Donald Trump projected that the number of U.S. deaths could range from 100,000 to 240,000 even if Americans continue to stay home and limit contact with others. They said they hope the figure

won't soar that high if everyone does their part to prevent the virus from spreading. "I want every American to be prepared for the hard days that lie ahead," said Trump, who has extended social distancing guidelines to April 30. "We're going to go through a very tough two weeks." Elsewhere around the

world, hard-hit Italy reported that the infection rate appears to be leveling off and new cases could start declining, but that the crisis is far from over. Spain struggled to fend off the collapse of its hospital system. Vladimir Putin's Russia moved to crack down

on quarantine violations and "fake news" about the outbreak. And China edged closer to normal as stores in the epicenter city of Wuhan began reopening. Worldwide, more than 850,000 people have been in-

fected and over 42,000 have died, according to a tally kept by Johns Hopkins University. Italy and Spain accounted for half the deaths, while the U.S. had over 185,000 infections, with more dead than China's official toll of about 3,300.

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